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Amendments to the Claims:

This listing of claims will replace all prior versions of claims in the application.

Listing of the Claims:

- 1. (Currently Amended A nutritional intervention composition in powder form to be taken before a meal to extend post meal satiety comprising:
 - (a) from about 63 to 74 weight percent of one or more proteins that stimulate cholecystokinin (CCK) release, said proteins being selected from the group consisting of casein, whey protein and soy protein;
 - (b) from about 18 to 25 weight percent of one or more C₁₂₋₁₈ fatty acids that stimulate CCK release, said fatty acids comprising at least 50 weight percent oleic acid with the remainder being other C₁₂₋₁₈ fatty acids that stimulate CCK release; and
 - (c) an amount of an extract of plant material potato, soy, or beans containing a proteinate inhibitor to provide from about 0.16 to about 0.63 weight percent of the proteinase inhibitor.
- 2. (Currently Amended The nutritional intervention composition in accordance with Claim 1 further including from about 3.7 to 4.5 weight percent of a source of calcium that stimulates CCK release said source of calcium being selected from the group consisting of calcium lactate, calcium carbonate, calcium citrate, calcium maleate and calcium citrate maleate.
- 3. (Previously Amended) The nutritional intervention composition in accordance with Claim 1, wherein said source of proteinase inhibitor contains about 10 weight percent of said proteinase inhibitor.
- 4. 7. Abandoned

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- 8. (Previously Amended) The nutritional intervention composition in accordance with Claim 1, wherein said composition is mixed with a liquid to form a liquid drink prior to ingestion.
- 9. (Previously Amended) The nutritional intervention composition in accordance with Claim 8, wherein said liquid is water.
- 10. (Previously Amended) The nutritional intervention composition in accordance with Claim 1, further including a flavor component for imparting a characteristic taste thereto comprising water-soluble, natural or artificial extracts selected from the group consisting of apple, banana, cherry, cinnamon, cranberry, grape, honeydew, honey, kiwi, lemon, lime, orange, peach, peppermint, pincapple, raspberry, tangerine, watermelon and wild cherry.
- 11. (Currently Amended) The nutritional intervention composition in accordance with Claim 1, further including a colorant component for imparting a characteristic color thereto comprising water soluble, natural or artificial, dyes selected from the group consisting of blue, green, orange, red, violet, and yellow; iron oxide dyes, ultramarine pigments of blue, pink, red, and violet.
- 12. (Previously Amended) The nutritional intervention composition in accordance with Claim 1 further characterized in that the calorie content thereof is from about 50 to 150 calories.
- 13. (Currently Amended) The nutritional intervention composition in accordance with Claim 12, further characterized in that the calorie content thereof is about 80 calories.
- 14. 21. Abandoned.